



SYSTEMATIC REVIEW ON MENSTRUAL HYGIENE KNOWLEDGE AND PRACTICE OF ADOLESCENT GIRLS AT SELECTED SCHOOL OF DEHRADUN, (U.K)

Poonam Negi	Assistant Professor, Department of Nursing, State College of Nursing, Dehradun, Uttarakhand, India, 248001
Jyoti Tiwari	Assistant Professor, Department of Nursing, State College of Nursing, Dehradun, Uttarakhand, India, 248001
Shivani Dhasmana	Assistant Professor, Graphic Era College of Nursing, Graphic Era deemed to be University, Dehradun, Uttarakhand, India, 248001
Deepali Rawat	Nursing Tutor, Ras Bihari Bose Subharti University, Dehradun.

ABSTRACT The purpose of the study was to see how well a designed training programme affected adolescent girls' knowledge and practise of menstrual hygiene in Dehradun, Uttarakhand. A one-group pre-test-post-test design was adopted in the pre-experimental study. 100 adolescent girls were chosen using a non-probability (convenient sampling technique) sampling procedure. A structured knowledge questionnaire and a practise checklist were used to gather data. The information gathered was examined using descriptive and inferential statistics. The findings were represented using tables and bar graphs. The mean knowledge score before the exam was 12.45, and the mean practise score was 6.08, but the mean knowledge score after the test was 24.90, and the mean practise score was 10.72. For knowledge, $t_{cal} 30.29 > t_{table} 1.98$, while for practise, $t_{cal} 37.32 > t_{table} 1.98$. At $p > 0.05$, the difference between teenage girls' pre-test and post-test mean knowledge and mean practise scores was statistically significant. As a result, it was found that the intended educational programme had a significant influence on enhancing adolescent girls' understanding and practise of menstrual hygiene.

KEYWORDS : Effectiveness, Menstrual hygiene, planned teaching programme, Adolescent girls.

INTRODUCTION:

The physiological period between the onset of puberty and the halt of body growth is known as adolescence. It is viewed as a distinct stage in one's growth. Teenager is the most recent term for adolescence. It is the time period that spans from the age of ten or twelve years to at least the age of eighteen years. Menarche is a crucial aspect in the growth and maturation of teenage females.

Adolescence is a period of physical and mental development that occurs between childhood and maturity and is marked by significant hormonal changes. Seventy-five percent of girls have menstrual issues. Self-care and menstrual hygiene are important prerequisites for a woman to live a happy life and have high self-esteem.

For females, menstruation is a one-of-a-kind experience. The first menstruation happens between the ages of 11 and 15, with the average age being 13 years. Menarche (the beginning of menstruation) is one of the most significant changes that females go through during their adolescent years.

In the present research, the review of literature is presented under the following headings.

Knowledge regarding menstrual hygiene

Tanoja Bachloo and colleagues (2015) conducted a cross-sectional study in Haryana. From June to December, a sample was gathered using a multi-stage random sampling method. A total of 400 adolescent girls in grades 9 to 12 were recruited from four secondary schools, two of which were rural and two of which were urban. A pre-tested, pre-designed semi-structured questionnaire that is used to collect data using the interview method. The key finding was that adolescent girls were 15.26±1.61 years old on average. At the time of the interview, 95 percent of adolescent girls had reached menarche; the average age of menarche was 12.21±1.70 years. Fear, upset/guilt, discomfort, and other negative emotions to menarche were reported by 51.2 percent of girls. Around 77.6% of the females complained of abdominal pain, while 9.7% of adolescent girls did not practise any restrictions during their menstruation. The majority of females (55.7%) had never heard of menstruation before menarche, and 65.3 percent were terrified after their first period.

Mayank Gupta et al. conducted a study in January 2015 at a tertiary care hospital in Indore, INDIA, to assess knowledge among women of reproductive age. The study's major findings revealed that the average age of females was 30.7 years, while the average age of menarche was 13.2±0.75 years. Their moms were their initial source of information

about menarche, as 36.5 percent were only aware of menstruation prior to menarche. 67.7% of women used sanitary pads during menstruation, while the rest used cloths. 90.3 percent of females in urban regions clean their external genitalia on a daily basis, compared to 83.09 percent of females in rural areas.

Practice regarding menstrual hygiene

Nevein Mohamed Moh. Hasanein and Samar Salah Eldin Mohamed Diab 2014, conducted a descriptive study to analyse the practises of 400 adolescent females using an interview questionnaire with three components. The study's main conclusion was that 368 (92%) of the females experienced dysmenorrhoea, with 345 (88.5%) having premenstrual symptoms. During menstruation, 224 adolescent girls changed their pads three to four times per day on average, with a mean of 4.11 ± 0.899. Only 38 (8%) of adolescent girls did not replace their sanitary pads at night during menstruation, despite the fact that the majority (92%) of adolescent girls changed their sanitary pads at night. However, 260 (56%) of women changed their sanitary pads outside the house, while 140 (35%) of women did not change their sanitary pads outside the house during menstruation.

A descriptive cross-sectional study was conducted among 256 adolescent females of a secondary school in Ahmadabad by Dr. Mitali Leuva, Dr. Krunal Modi, and colleagues in 2014. Out of 256 participants, 161 (62.5%) were aware of menstruation prior to menarche. In the case of 155 (60.5 percent) of the girls, their mother was the first source of information about menstruation. Approximately half of the females (47.7%) thought it was a physiological procedure. During menstruation, about 76 percent of girls (29.7%) used sanitary pads. Almost majority of the girls were observed to have some sort of restriction practise during their menstruation, particularly visiting the temple.

Knowledge and practice regarding menstrual hygiene

In Srinagar, Santosh Kumar and Amit Kumar Singh conducted a cross-sectional survey among adolescent girls in 2014. (Uttarakhand). The study comprised a total of 400 participants, with data collected using a pre-designed structured questionnaire. In the case of 198 (46.75 percent) females, friends were the primary source of knowledge, followed by moms (26.8 percent). During menstruation, around 51.4 percent of ladies used sanitary pads. Old cloth pieces were used by 21.8 percent of females, whereas fresh cloth pieces were used by 26.8% of females as absorbents. Only 27.3 percent of girls thought it was a natural occurrence.

In March-May 2012, Adwitiya Das et al conducted a cross-sectional,

community-based study to measure rural Indian women's knowledge and practise. To collect data, a pre-designed and pre-tested routine was used. The study's main finding was that 207 (61.4%) of participants lacked adequate information and that 58.5 percent of participants used unsanitary practises. It was discovered that bad practise was linked to women's and mothers' lower levels of education. 193 (95%) of the participants were subjected to some type of restriction.

Effectiveness of educational Programme

A quasi-experimental study was conducted among 100 adolescent girls by Jyotsna Bhudhagaonkar and Mahadeo Shinde in 2012. A random sampling procedure was used to choose participants. The main finding was that just 23% of the girls were asked about sun drying worn and washed clothes. Approximately 58 percent of girls store old sanitary towels in concealed areas and reuse them for more than a month. Almost all of the females refused to enter the holy locations. As a result, conventional menstrual behaviours were socially and culturally constrained for the individuals. There was a considerable increase in knowledge in the post-test. The findings revealed that they had an equally good response to the planned instruction, which they thought to be quite beneficial.

Dongre et al., 2007, conducted a participatory action study to evaluate the effect of community-based health education intervention on management of menstrual hygiene among 2518 rural Indian adolescent girls. They discovered that after health education, the number of readymade pad users increased from 5.2 percent to 24.9 percent, reusing of cloth decreased from 84.5 percent to 57.1 percent, and among the users of reused cloth, the practises of washing it with soap and water and sun exposure increased.

CONCLUSION:

The purpose of this study was to determine the learning needs of adolescent girls in order to develop and implement a planned teaching programme on menstrual hygiene. It will assist them in improving their self-care abilities and adhering to healthy and hygienic menstruation management practises. Females should be educated on the meaning of menstruation and the development of secondary sexual characteristics, as well as how to choose a sanitary menstrual absorbent and dispose of it properly. So that she does not experience psychological distress, and the information received would indirectly wipe away age-old false beliefs, allowing them to freely discuss menstrual issues.

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